

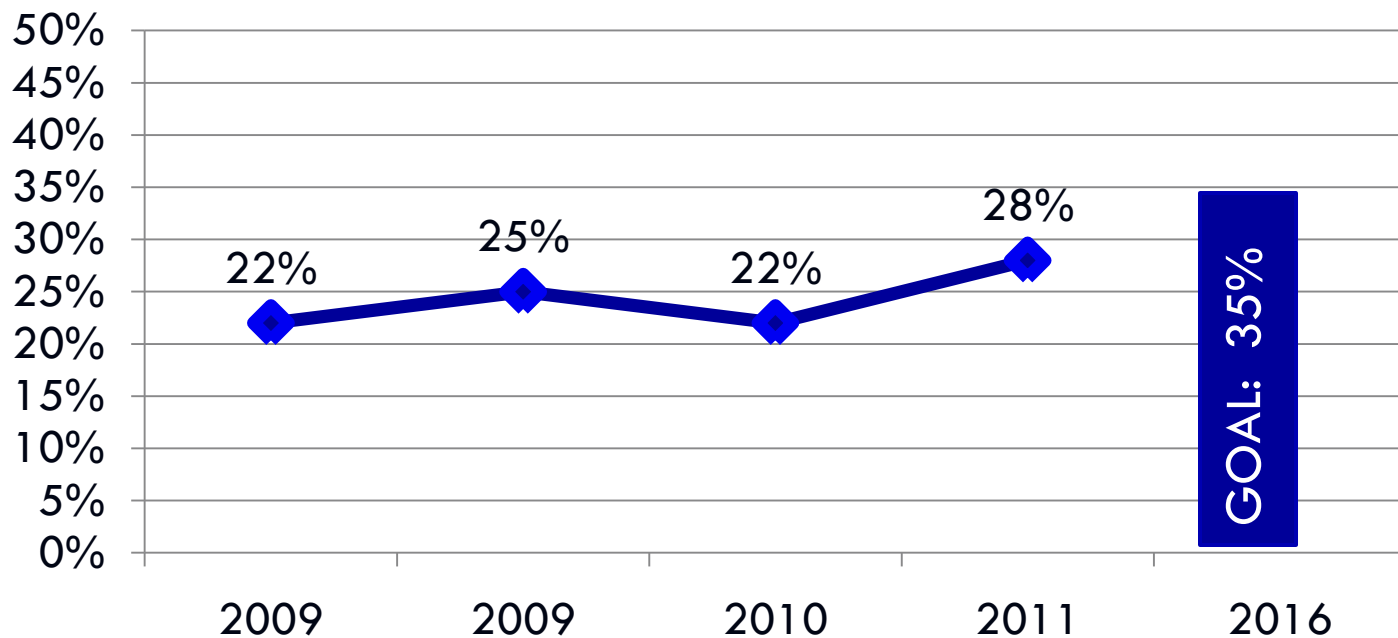
PASSPORT TO WELLNESS

BUSINESS STRATEGIES AND HEALTH CARE PROGRAMS

August 8, 2011

Influenza Vaccination

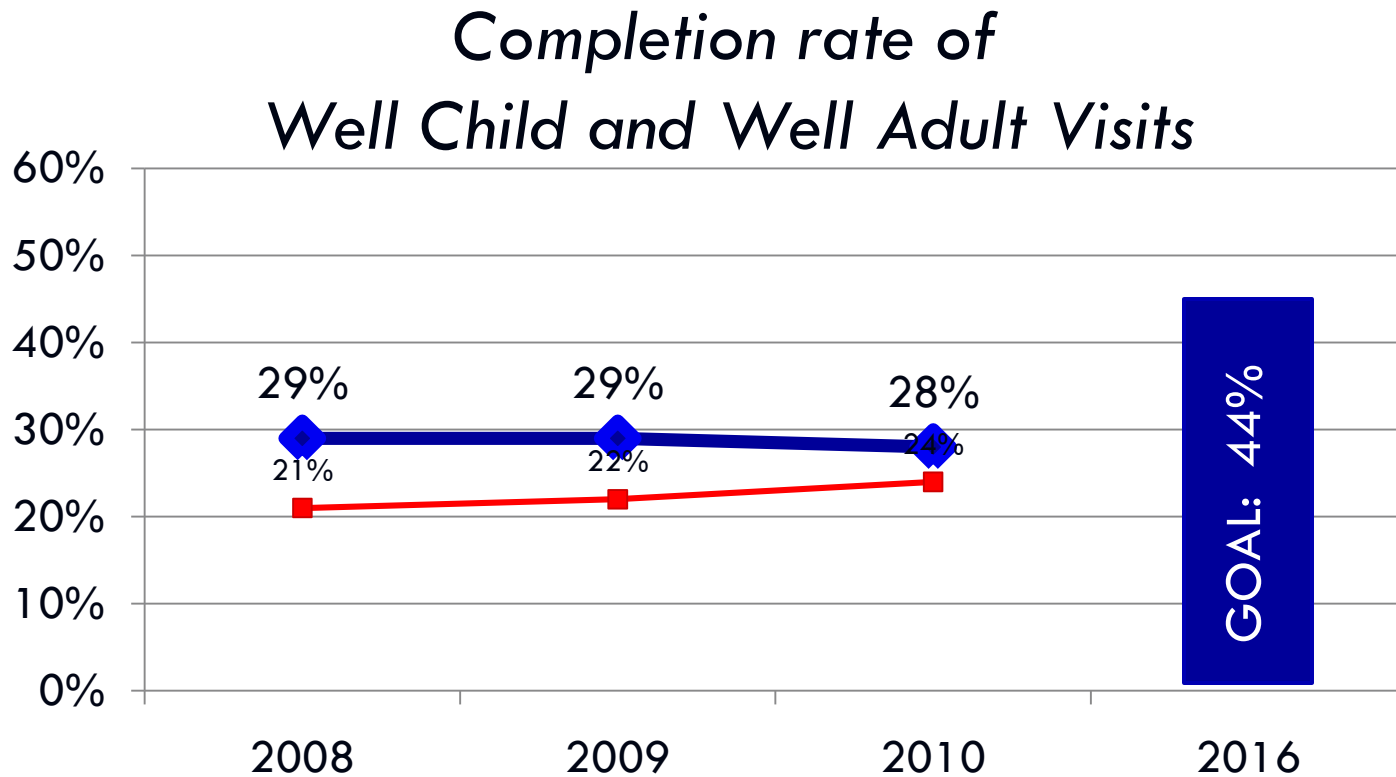
Percent of members enrolled in a County-sponsored medical plan who were immunized against influenza.



What are we doing?

- ❑ Free immunizations through County benefits
- ❑ On-site immunizations
- ❑ FY 2012: Better employee education and promotion, working with Public Health Department

Preventive Care



What are we doing?

- ❑ Most preventive care free through County benefits
- ❑ On-site screenings
- ❑ FY 2012: Introducing “Passport to Wellness”
 - Incentive for employees and dependents covered by County benefits who get all recommended preventive care

Passport to Wellness

Preventive Care Category	Frequency	Exclusions	Date Completed	Pr
<input type="checkbox"/> Well Woman Exam	Annually	None		
<input type="checkbox"/> Mammogram	Bi-annually, starting at age 40	Excludes participants who have had bilateral mastectomy		
<input type="checkbox"/> Cervical Cancer Screening	Annually	Excludes participants with a complete hysterectomy (removal of the uterus and cervix)		
<input type="checkbox"/> Blood Pressure Screening	Annually	None		
<input type="checkbox"/> Fasting Cholesterol Screening (Total, HDL and LDL)	Annually, starting at age 45	None		
Colorectal Cancer Screening				
<input type="checkbox"/> Flexible sigmoidoscopy OR	every 5 years	Excludes participants with colorectal cancer and total colectomy		
<input type="checkbox"/> Colonoscopy every OR	every 10 years			
<input type="checkbox"/> Double-contrast barium enema OR	every 5 years			
<input type="checkbox"/> Annual fecal occult blood test (gFOBT) OR	starting at age 50			
<input type="checkbox"/> Annual fecal immunochemical test	starting at age 50			
Adult Immunizations				
<input type="checkbox"/> Hepatitis A (HepA) OR	2-dose series	None		
<input type="checkbox"/> Twinrix HepA/HepB	3-dose series			
<input type="checkbox"/> Hepatitis B (HepB) OR	3-dose series	None		
<input type="checkbox"/> Twinrix HepA/HepB	3-dose series			
<input type="checkbox"/> Human Papillomavirus (HPV)	3 doses for age 18 through 26	None		
<input type="checkbox"/> Influenza (flu)	Annually	None		
<input type="checkbox"/> Measles, mumps and rubella (MMR)	if born in 1957 or later: at least 1 dose, unless history of prior vaccination or evidence of immunity	None		
<input type="checkbox"/> Meningococcal (MCV)	1 dose	None		
<input type="checkbox"/> Tetanus, diphtheria booster (Td) OR	Every 10 years	None		
<input type="checkbox"/> Tetanus, diphtheria and acellular pertussis (Tdap)	Once between ages 11 through 64			
<input type="checkbox"/> Varicella (chickenpox)	2 doses, unless evidence of immunity	None		
<input type="checkbox"/> Zoster (shingles)	1 dose starting at age 60	None		
<input type="checkbox"/> Body Mass Index Assessment	Annually	None		
<input type="checkbox"/> Dental Oral Exam and Cleaning	Twice per year at 6 month intervals	Excludes participants with no teeth		

Your Itinerary to a Healthier Future

This Passport to Health



Purposes

- ❑ Increase preventive care (as recommended by U.S. Preventive Services Task Force)
- ❑ Reduce preventable health problems
- ❑ Lower long-term medical costs by treating conditions earlier, which is more effective and less costly
- ❑ Improve the health status of employees and dependents

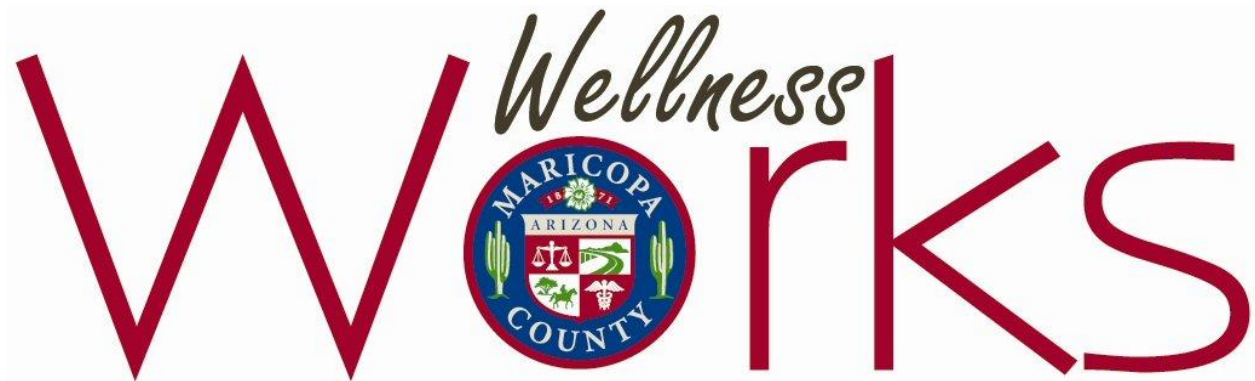
Passport to Wellness Program

- ❑ Employee and/or dependents receives age- and gender-specific Passport to Wellness booklet
- ❑ Employee and/or dependents receive appropriate preventive services during the plan year
- ❑ When all services received, employee provides documentation and receives incentive
 - Year 1 – one-time payment (premium rebate) of \$100 (\$50 per child, capped at \$500 per family)
 - Year 2 and thereafter – reduction in premium

Passport to Wellness Example:

Women 18 and older

- Annual:
 - ▣ Mammogram (age 40+)
 - ▣ Cervical cancer screening
 - ▣ Blood pressure screening
 - ▣ Fasting cholesterol (Total, HDL and LDL) (age 45+)
 - ▣ Body Mass Index assessment
 - ▣ Vision exam
- Dental Oral Exam and Cleaning twice per year
- Colorectal cancer screening (age 50+), frequency depending on type of exam



MARICOPA COUNTY

WELLNESS PROGRAM

Adult Immunizations

- ❑ Hepatitis B 3-dose series
- ❑ Human Papillomavirus (HPV) 3 doses for age 18-27
- ❑ Influenza (flu) annually
- ❑ Measles, mumps and rubella (MMR) if born 1957 or later, at least one dose unless history of prior vaccination or evidence of immunity
- ❑ Meningococcal one dose
- ❑ Tetanus, diphtheria, pertussis (Td/Tdap) every 10 years
- ❑ Varicella (chickenpox) two doses unless evidence of immunity
- ❑ Zoster one dose age 60 or older